

## *Resiliency Rituals & Routines*

What we do as leaders, providers and employees in healthcare is physically and emotionally demanding. Due to the nature of this work, we will likely leave most workdays tired and drained – yet (hopefully!) feeling like it matters and feeling satisfied for having made a difference.

**Resilience:** the ability to recovery quickly from difficulties; toughness

**Rituals:** a series of actions or type of behavior regularly and invariably followed by someone

**Routines:** a sequence of actions regularly followed; a fixed program

**Ready** – Before Work

**Refresh** – During Work

**Recover** –After Work

**Recharge** – Non-Work Hours/Days

*Resiliency Rituals & Routines - SELF*

<b>READY</b>	<b>REFRESH</b>	<b>RECOVER</b>	<b>RECHARGE</b>
Preparing to Work	During Work	Right After Work	Non-Work Hours/Days

*Resiliency Rituals & Routines - OUR DEPARTMENT*

<b>READY</b>	<b>REFRESH</b>	<b>RECOVER</b>	<b>RECHARGE</b>
Preparing to Work	During Work	Right After Work	Non-Work Hours/Days

*Resiliency Rituals & Routines - ORGANIZATION-WIDE*

<b>READY</b>	<b>REFRESH</b>	<b>RECOVER</b>	<b>RECHARGE</b>
Preparing to Work	During Work	Right After Work	Non-Work Hours/Days

*Resiliency Rituals & Routines - LEADERS*

<b>READY</b>	<b>REFRESH</b>	<b>RECOVER</b>	<b>RECHARGE</b>
Preparing to Work	During Work	Right After Work	Non-Work Hours/Days